SPORTS

Baby Raiders Small, Quick

The Appomattox Junior Varsity Raiders under the head coaching of Cody Dickerson will be opening their 1974-75 basketball season against Jefferson - Forest at the Appomattox Middle School Gymn Nov. 26 at 4:30 p.m. Dickerson says his team lacks physical size compared to last year's team which finished with a 12-8 record. "I'm really not expecting to do as well this season because my team is so inexperienced this year, perhaps this is the most inexperience team I've ever coached. I've only three players back with me this year from last season and definitely these three will be the men I'll be depending on to get us through this season.

Bill Shorter, Jeff Puryear and Danny Carson are the returning ball players who will lead the Baby Raiders this year. Shorter, a 6'2" sophomore who will be playing forward and should be very effective under the boards. He's very aggressive and tough inside. Jeff Puryear, a 5'10" sophomore who will be playing guard and will be brining the ball up court for us. He has good ball control, is a good outside shooter, and is tough on defense, too.

Danny Carson, who will be playing both guard and forward will be tough this year. Carson is fairly big at 5'10", has an excellent outside shot and can bring the ball up court with ease. He will be the man we go to in clutch situations.

Another sophomore 5'9" William (Boo-Boo) Trent is another good prospect. He showed good potential in the scrimmage game against Cumberland last Thursday night by scoring 26 points.

Freshmen Tommy Goode, Ronnie Preston and Gerald Booker will be seeing a lot of action this year. These three players will be a great asset to the team.

Some added strength to the Raiders will be Ronald Harvey who showed a lot in the scrimmage game by scoring 10 points. His brother, Donald Harvey, has great hustle on the court and gives 150 percent all the time. The two will help the team this year as will sophomores, Tony Ferguson and Tony Snell, who will add to the inside strength the Baby Raiders.

The team this year will be playing fundamental basketball, with hustle, effort and teamwork. This is one thing Dickerson. Stresses most.

Practices have been going well well during the pre-season. The team is working hard trying to learn everything they need to know by time the season starts. With the attitude the team has we could beat anybody. Dickerson says, "We are going to play them one by one and just hope for the best, but once Tuesday my players are gonna be ready to play anybody . . . anybody."

"I HEAR YOU'RE STILL SMOKING"

American Cancer Society

ACHS Raider Basketball Schedule

1974		
December 3	Jefferson Forest	Away
December 6	William Campbell	Home
December 10	Appomattox	Open
December 13	Staunton River	Away
December 14	Gretna	Home
December 17	Amherst	Away
December 20	Altavista	Home
1975		
January 3	Liberty	Away
January 4	Nelson	Home
January 7	Rustburg	Away
January 10	Brookville	Home
January 14	Jefferson Forest	Home
January 17	William Campbell	Away
January 24	Appomattox	Open
January 25	Staunton River	Home
January 28	Gretna	Away
January 31	Amherst	Home
February 1	Altavista	Away
February 4	Liberty	Home
February 7	Nelson	Away
February 11	Rustburg	Home
February 14	Brookville	Away

ACHS Girls Basketball Schedule 1974 - 75

December 3	Jefferson Forest	Away
December 6	Open	
December 10	Staunton River	Away
December 13	Gretna	Home
December 14		
December 17	Altavista	Home
December 20	Liberty	Away
January 3		
January 4	Rustburg	Away
January 7	Brookville	Home
January 10	Jefferson Forest	Home
January 14		
January 17		
January 21		
January 24		
January 28	Staunton River	Home
January 31	Gretna	Away
January 32		
January 33		
February 1	Altavista	Away
February 3	Liberty	Home
February 7		
February 11	Rustburg	Home
February 14	Brookville	Away
February 17 - 24	Seminole District Tournament Brookville / Jefferson Forest	

America's Favorite Sandwich

A nickel's worth of peanut butter makes a mighty good sa for grocery shopping is to buy the most nutrition for for money.

Peanut butter is one of the most nutritionally valuab in daily use today by the American public. According t Department of Agriculture analysis of commonly consumed foods, peanut butter ranks near the top in protein. Peanut butter is 26 percent protein—a percentage higher than eggs, dairy products and other traditional protein foods.

And peanut butter is a very low-cost form of protein. Two tablespoons of the spread make a generous sandwich and cost only about five cents (based on price of an average-size jar). Large families should take advantage of three, four or five-pound jars which brings the cost per serving even lower.

A plain peanut butter sandwich will always enjoy great popularity, but the flavor of the spread combines well with many other foods. Peanut butter and jelly is the best-loved combination, but peanut butter and bacon, or peanut butter and banana slices, are also popular.

Either plain or peanut butter combination sandwiches can be grilled with great success. Just prepare a sandwich in the usual way, close the sandwich and spread the outside of the slices with butter or margarine. Grill on both sides until toasty brown. It's fragrant, delicious, and satisfying as only a hot sandwich can be.

For the ultimate in a peanut butter sandwich, try French-toasting it. The result is a hearty sandwich perfect anytime—breakfast or brunch, lunch or dinner. To prepare, di sides of a plain or peanut butter sandwich into the standard mixture used for French toast, and fry on lock

Here are additional butter combination wiches which include usually on hand in pa refrigerator:

—On a slice of bread generously with peanut butter, place two slices ripe tomatoes. Spread other slice of bread w ter and add a tablesp chopped green onions.

—Combine peanut butter, finely sliced salami, hard cooked eggs, and onnaise with crisp lett an excellent trio. S generously with salt an ground pepper.

—Spread chunk sty nut butter on raisin Place a thin slice of l the peanut butter a with a slice of butterec bread.

—Sprinkle chopped and chopped olives on butter spread on whole bread. To finish the sa add a slice of butterec wheat bread.

MEN'S BOWLING LEAGUE

Country Club	26	4
W & W	23	7
Haleys	21	9
Best Furn.	16	14
Rookies	12	18
Thomasville Termites	9	21
Thomasville Gang	7	23
Martins	5	25
High Sets		
Kermit Ogden		398
Wallace Haley		371
High Games		
Kedrmit Ogden		151
J. Woody		136
F. Carter		136

LADIES BOWLING LEAGUE

Duplingstones	23	4
Mighty Mites	20	7
Flintstones	16	8
Alley Cats	15	12
Fuzzy Kats	14	13
Topcats	13	11
Untouchables	1	23
Pinups	0	24
High Sets		
Judy Jamerson		322
Becky Shorter		303
High Games		
Judy Jamerson		133
C Mayberry		120
Nancy Woody		120

ACHS Basketball Schedule 1974 - 75

December 3	Jefferson Forest	Home	4:30 p.m.
December 6	William Campbell	Home	6:30
December 10	Open		
December 12	Staunton River	Away	6:30
December 14	Gretna	Away	6:30
December 17	Amherst	Away	6:30
December 19	Altavista	Away	6:30
January 3	Liberty	Home	6:30
January 4	Nelson County	Home	6:30
January 7	Rustburg	Home	6:30
January 9	Brookville	Away	6:30
January 14	Jefferson Forest	Away	6:30
January 17	William Campbell	Away	6:30
January 21	Open		
January 23	Open		
January 25	Staunton River	Away	6:30
January 28	Gretna	Home	6:30
January 31	Amherst	Home	6:30
February 1	Altavista	Home	6:30
February 4	Liberty	Away	6:30
February 7	Nelson County	Away	6:30
February 11	Rustburg	Away	6:30
February 13	Brookville	Home	6:30
To be played at new high school.			

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Holden-Deese Vows Exchanged

Mrs. Gerald Lee Tallahassee, Florida the marriage daughter, Virginia Coley Joe Deese, son Mrs. Houston Deese James, on Nov. 23,

is the granddaughter and Mrs. G. R. Route 3, Gladstone. attended Rickards and the groom is a of Staunton High employed with W. Construction Com-

Christine Knight, Transferee Gayle Williams, pledge Chapter President Amy Nash, and pledges Sue Alice Johnson, Annette Williams, and Betsy Keyton following formal ceremonies welcoming new into Delta Zeta Chapter of Beta Sigma Phi.

rity Takes In New Members

ta chapter of Beta held a Thanksgiving the home of Elaine Monday, November members were into the chapter with Bizal and Gayle transferee from a Kentucky was inducted into Delta

were made to sell ir chances on a bicycle. The drawing the bike will be held ening December 9th Inn Motel. Tickets able from chapter and from Mrs. Shiela ings Market or Mrs. at Traveler's Inn. from this project will ent chapter communities such as the "Hi project (welcoming into the area) and ational Scholarship rded to a deserving senior this coming

Bureau Will t Miss 1975

ection of Miss Virginia ues 1975 and a now will be among the activities of Virginia ness's 49th annual in Roanoke, De- 30.

ts will be chosen from entatives of county ness Sunday evening special reception at anoke, convention ers.

ation County's repre- is Miss Julie Lee year old daughter of Mr. Wallace Moore of

ts were chosen by ty Farm Bureau on of a speech titled Like About Farm ne and personality. the same require- state competition.

NCY FIRE CALLS 352-5212 OMATTOX FIRE PARTMENT

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ssion and Group, Weddings 946-3751

'S MEN'S SHOP St., Lynchburg, Va.

Engagement Is Announced

Mr. and Mrs. Marvin A. Herncall of Appomattox, announce the engagement of their daughter, Anne Elizabeth, to James Cyril Sefter, son of Mrs. John L. Sefter of Allentown, Pa., and the late Mr. Sefter.

Miss Herncall is the granddaughter of the late Mr. and Mrs. Clyde L. Driskill of Lynchburg, and Mrs. Louis N. Herncall of Appomattox and the late Mr. Herncall. She is a graduate of Appomattox High School and is presently a senior at Virginia Baptist Hospital School of Nursing.

Mr. Sefter graduated from Central Catholic High School in Allentown and is employed in Data Processing at Va. Baptist Hospital.

The wedding is planned for 8 o'clock p.m., Dec. 28, in Memorial United Methodist Church in Appomattox.

Christmas Open House

The Appomattox County Extension Office (located in new county office building) will observe Christmas Open House Dec. 2-6, 1974, from 10 a.m. to 4 p.m. each day.

Christmas gift items, seasonal arrangements from fresh plant materials and treasures from trash will be featured. Refreshments will be served by the Appomattox County Extension Homemakers, who will also be hostesses. "Christmas In Appomattox", an information booklet will be available to each person attending Open House.

Everyone is cordially invited.

Art Club Report

The ACHS Art Club held its monthly meeting on November 20th, 1974. The president called the meeting to order. We did several things at this meeting. They had to elect a new secretary, who is now Rita Booker. Then we had to elect a SCA Club representative for our club. The representative is Lisa Mitchell. We got in our committees. We want to start the New Year out right with possibly a dance for the student body.

During the past month the club had its picture taken for the 1975 Annual.

Local Persons On TV Program

Mrs. Frannie Schampel will appear on Channel 13 on Saturday, Nov. 13, 1974, at 8 a.m. She will show homemakers how to use native plant materials to create beautiful Christmas arrangements.

Also appearing will be Shirley Walton, Extension Agent, who will be showing Christmas ideas which are inexpensive and fun to create.

Society News

IF YOU HAVE SOCIAL ITEMS,

PLEASE CALL 352-8215

Lt. and Mrs. Guy A. Woolman have been stationed at Castle AFB, California. After attending survival school at Homestead AFB, Fla, and Fairchild AFB, Wash. Lt. Woolman is a member of the 4017th CCTS, training for co-pilot of the B-52. Their present address is 3044 G Street, Apt. 40; Merced, Calif. 95340. Mrs. Woolman is the former Donna Hubbard, daughter of Mrs. W. C. Hubbard of Appomattox.

Robert A. Gunter, son of Mrs. E. C.Seruggs, is a patient at Lynchburg General Hospital where he underwent major surgery Monday.

* * *

Miss Dana Almond of Maidson Heights, spent several days last week with her grandmother, Mrs. S. J. Evans.

* * *

Mrs. Percy George has returned home from the Virginia Baptist Hospital where she underwent surgery.

* * *

Mrs. Helene Harvey is visiting friends in Roanoke this week.

* * *

Mrs. Sadie Bradley of Richmond, spent several days last week with her sisters, Mrs. Hazel Mann and Miss Iris Reynolds.

* * *

Mrs. V. O. Mims has returned home from the Virginia Baptist Hospital where she underwent surgery last week.

* * *

Mr. and Mrs. Alvin Hudson of Roxboro, North Carolina spent the week end with his Sister, Miss Mabel Hudson.

* * *

Rev. and Mrs. J. J. Bowman were the guests of honor at an Anniversary Party given in the Gladstone Fire Station on last Sunday afternoon from three to five o'clock.The Bowman marriage took place in Louisville, Ky., Sunday, November 24, 1935.

The anniversary party was given by the Gladstone and Liberty Chapel churches. Delightful refreshments were served, and each of the churches presented checks for their nine dollars - one dollar for each year - to the Bowmans.

Dr. Bowman is now serving as pastor of these churches.

* * *

Tim Padgett returned home on Monday from the Shriners Hospital for Crippled Children in Greenville, S. C. He has been a patient there for the last month having a cast change and X-Rays. While in the hospital he fractured his left leg and will be home for three months while his leg heals. This will mean that Tim has been in a full body cast for 22 months.

* * *

Veteran News

EDITOR'S NOTE: Veterans and their families are asking thousands of questions concerning the benefits their Government provides for them throught the Veterans Administration. Below are some representative queries. Additional information may be obtained at any VA office.

Q - Do husbands and widowers of femaie veterans have the same elibibility for Veterans Administration benefits as wives and widows of male veterans?

A - Yes. For purposes of VA benefits, the term "wife" includes husbands of female veterans and "Widow" includes widowers of female veterans. (See PL 92-540, Oct. 1972)

Q - Does the Veterans Administration pay anything toward costs of burial plots for veterans in private cemeteries in states which have no burial space in their national cemeteries?

A - Yes. VA pays up to $150 in plot and interment costs of veterans not buried in national cemeteries. This benefit was authorized in June 1973 under PL 93-43.

Pancake Meal Is Set For Dec. 6

The Appomattox Primary School PTA is sponsoring a pancake and sausage supper on Dec. 6 from 5 p.m. to 8 p.m. in the school cafeteria. Advance tickets are now on sale by PTA members and parents or you may contact Mr. Robert Carter, PTA president or Mrs. Robbie Matthews, ticket chairman. Plan now to come out and bring the family. There will be all the pancakes and sausage you can eat.

Engagement Announced

Mr. and Mrs. George L. Koos, Jr., Route 1, Box 189, Tangent, Oregon, announce the engagement of their daughter, Kathryn Adele Koos, to Richard Orrie Cundiff, son of Richard R. Cundiff, Bishop, California, and Mrs. Bilie Cundiff, Los Angeles.

Miss Koos is a graduate of Albany Union High School, Albany, Oregon, and the University of Oregon, Eugene, Oregon. She is now employed as a Social Worker for the Veterans' Administration in Eugene. Mr. Cundiff graduated from Franklin High School, Los Angeles, California, and is currently attending the University of Oregon, Eugene, Oregon.

The wedding will be held in the First United Methodist Church, Lebanon, Oregon, at 7:30 p.m. on Saturday, December 28, 1974.

Miss Koos is a granddaughter of the former Dr. and Mrs. David L. Christian, Jr. of Appomattox.

Q - My GI Bill allowance from the Veterans Administration is two weeks late. What should I do?

A - If there's a Vet Rep (Va representative) on your campus, check with him. Otherwise, write to the VA regional office which has you claim file, giving your name, claim number and address.

Q - Do husbands and widowers of femaie veterans have the same elibibility for Veterans Administration bene-

Trent-Stevens Vows Exchanged

Mr. and Mrs. E. T. Layne of Appomattox have announced the marriage of their daughter, Lucy Layne Trent, to John Murray Stevens, Jr.

The marriage took place on November 2, 1974 in Appomattox.

They are making their home in Rustburg.

Flooring

Oak - Fir- Pine

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Pictures will be back in time for Christmas

TUESDAY, DECEMBER 3, 1974

Hours: 11 A. M. to 7 P. M.

Kings Super Market

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2.00	102.50
3.00	153.75
5.00	256.25
10.00	512.50

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Thanksgiving

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4009 NOV '72 M.P. 10

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